



## PREPARATION FOR A COLONOSCOPY

**Intestinal cleansing is fundamental in order to be able to perform the test, view the intestine and, if necessary, be able to remove any polyps.**

During the preparation and on the day of the test, **you may continue taking your current treatment** (medication for your heart, respiration, blood pressure, circulation, antiplatelet medication, etc.); **however, medication must be taken at least an hour before your endoscopic examination starts.**

**The only therapies that must be suspended or modified are anticoagulant therapies (Coumadin, Sintrom, new oral anticoagulants, etc.) ACCORDING TO THE INDICATIONS OF THE REFERENCE CENTRE (usually the Haemostasis Centre) which the patient must contact before the test.**

Apart from the preparation, no other purgatives may be taken.

### GENERAL RECOMMENDATIONS FOR INTESTINAL CLEANSING

1. **Do not eat fruit with seeds** (e.g. kiwis, strawberries, grapes, watermelon) **and vegetables** (e.g. tomatoes, salad, courgettes, etc...) **in the 3 days before the test** as they can make it difficult to perform.
2. The **day before the test, eat light meals** (e.g. soup, meat broth...).
3. **When taking the preparation, and until two hours before the appointment for the test you can drink water, tea, chamomile, with sugar if you wish. Do not eat anything after you start the preparation.**  
A sense of **nausea or queasiness** is normal when taking the product and is not a cause for concern. You just need to drink the product more slowly (it can be more pleasant if kept in the fridge) and you can give it a better flavour by mixing it with other drinks (tea, chamomile, etc.).  
For significant symptoms, contact your doctor.
4. **It is important to take all of the preparation according to the indications so that the test can be performed** correctly; an incomplete preparation reduces the accuracy of the colonoscopy and the test may have to be repeated.
5. You must have finished taking the preparation between **2 and 4 hours** before the colonoscopy is performed.
6. If, once you have finished the preparation, the stools are not light/yellow and liquid, you can take more preparation or at least drink clear liquids (still water, tea, chamomile).

### Available preparations

- VERY LOW VOLUME PREPARATION: **PLENVU** (based on PEG and ascorbic acid)
- LOW-VOLUME PREPARATIONS: **CLENSIA** (based on PEG and citric acid), **MOVIPREP** (based on PEG and ascorbic acid)
- HIGH-VOLUME PREPARATIONS: **SELG ESSE** (based on polyethyleneglycol-PEG and sodium sulfate)

### Important:

- **PLENVU, CLENSIA and MOVIPREP are not recommended for constipated patients** (less than 3 bowel movements per week)
- **PLENVU and MOVIPREP are not indicated for patients with phenylketonuria and for patients with glucose-6-phosphate dehydrogenase deficiency**
- Patients with **severe heart or kidney disease must consult their reference specialist** (to prevent altering the electrolyte balance).

## PLENVU

### How to take the preparation

- **Dose 1** to drink in half an hour dissolved in half a litre of water and then drink half a litre of water
- **Dose 2A+2B** to drink dissolved in half a litre of water and then drink half a litre of water

### When to take the preparation:

Time of colonoscopy	Evening before the test	Morning of the test
8 am - 2 pm	<b>From 7 pm to 8 pm</b> drink <b>Dose 1</b> over a 30-minute period dissolved in half a litre of water then drink half a litre of water	<b>From 5.30 am to 6.30 am</b> drink <b>Dose 2A+2B</b> over a 30-minute period (dissolve the contents of dose 2A and dose 2B together in half a litre of water) then drink 1 litre of water
After 2 pm		<b>7 am</b> drink <b>Dose 1</b> over a 30-minute period dissolved in half a litre of water then drink half a litre of water <b>8 am</b> drink <b>Dose 2A+2B</b> over a 30-minute period (dissolve the contents of dose 2A and dose 2B together in half a litre of water) then drink 1 litre of water

N.B: **DO NOT INVERT** the sequence of the doses, first Dose 1 then Dose 2A+2B.

## CLENSIA AND MOVIPREP

### How to take the preparation

**CLENSIA:** the packet contains **4 large A bags and 4 small B pouches**.

**To obtain 1 litre of preparation dissolve 2 A bags and 2 B pouches in 1 litre of water.** Drink the preparation as indicated in the table, according to the time of the colonoscopy.

**MOVIPREP:** the packet contains **2 transparent bags each containing a large A bag and a small B pouch**.

**To obtain 1 litre of preparation dissolve an A bag and a B pouch (until it is completely dissolved - clear solution) in 1 litre of water.** Drink the preparation as indicated in the table, according to the time of the colonoscopy.

### When to take the preparation:

Time of colonoscopy	Evening before the test	Morning of the test
8.00-10.00	<b>From 8 pm to 9 pm</b> drink <b>1 litre of preparation</b> then drink half a litre of water	<b>From 5.30 am to 6.30 am</b> drink <b>1 litre of preparation</b> then drink half a litre of water
10 am - 2 pm	<b>From 8 pm to 9 pm</b> drink <b>1 litre of preparation</b> then drink half a litre of water	<b>From 6 am to 7 am</b> drink <b>1 litre of preparation</b> then drink half a litre of water
After 2 pm		<b>From 8 am to 10 am</b> drink <b>2 litres of preparation</b> then drink one litre of water

## SELG ESSE

### How to take the preparation

- Dissolve each of the 4 bags of SELG in 1 litre of non-carbonated water or clear liquids (total 4 litres).

### When to take the preparation:

Time of colonoscopy	Evening before the test	Morning of the test
8.00-10.00	3 litres of preparation from 7 pm to 10 pm	1 litre of preparation from 5.30 am to 6.30 am

<b>10 am - 2 pm</b>	2 litres of preparation from 7 pm to 9 pm	2 litres of preparation from 5.30 am to 7.30 am
<b>After 2 pm</b>		4 litres of preparation from 7 am to 11 am